



*a celebration of*

LOVE

*and an honoring of*

LOSS

*in memory of*

SEÁN JAMES MCLOUGHLIN

Dear Family and Friends,

We are so deeply grateful for your presence here today. Thank you for continually opening your hearts to our family and most of all, for loving and remembering our precious son James. This community means so much to us. We know that James's journey would not have been as beautiful or meaningful as it was, without all of you.

Although James' life was short, we honor that his life had purpose. We believe James was a powerful teacher. A teacher of love. A teacher of loss. A teacher of surrender and faith... of courage and heartbreak. James also taught us about the importance of community and was a powerful reminder that each of us has something valuable to offer to the whole.

It is our intention that today will not only be a joyful celebration of James, but also a time to tenderly come together as a community. We want to honor the ways heartbreak can be a profound teacher, moving us to embrace our sorrows and learn a deeper appreciation for the preciousness of life. We have created a few opportunities to connect with the universality of love and loss in your own way if you feel called. We invite you to read more about each offering on the following pages.

It is our greatest hope that something said, felt or experienced today touches and warms your heart as each of you have so generously touched and warmed ours. Thank you for being with us today. May we each be blessed to feel a little less alone on our journey through the grace of our togetherness.

With immense love and gratitude,  
The McLoughlin Family

# *the* LABYRINTH



We invite you to visit The Labyrinth. The labyrinth is an ancient symbol that relates to our wholeness. It combines the imagery of the circle and the spiral into a meandering but purposeful path. The Labyrinth represents a journey to our own center and back out again into the world. It is a metaphor for life's twists and turns and is an opportunity that creates sacred space to become present to "That Which Is Within." A labyrinth is not a maze. The way in, is the way out. There is no need to think about where you are going. Simply let the path guide you and find nourishment in the present moment.

There is no "right" or "wrong" way to walk a labyrinth. At the entrance, quiet your mind, open your heart, and step in. As you walk you might notice your breath or contemplate your own life's journey. While walking at your own pace you may meet a fellow traveler, simply step aside and let them pass. When you reach the center; pause, look up and take in a moment of peace. Please also receive the gift of an ancient Celtic symbol that some believe represents the sacred union of mind, body and soul. As you walk out, you might reflect on your experience and notice how you feel. Again, there is no right or wrong way to do this. Just the invitation to walk and see how your experience unfolds. Blessings on your journey.

# the GROVE



*"At the center of all my sorrows,  
I have felt a presence that was not mine alone."  
- Susan Griffin.*

Ritual allows us to collectively come together and hold one another in our heartaches. Grief is a universal experience and sorrow is part of our human journey. Suffering held in a circle of community creates pathways towards healing and reminds us that we are not alone in our pain.

We invite you to visit The Grove to reflect upon your own experience of sorrow. We offer the flower as a symbol of your own personal heartache and the sacred bowl a symbol of our shared humanity and communal grief. If you feel called, please float a flower in the sacred bowl found at the center of the grove. Feel free to take all the time you need and allow the stillness and beauty of The Grove to witness and nourish your heart.

*the*  
STORY TENT



The story tent shares an intimate view of James' and our family's journey of love and heartbreak through pictures, art, music and writing. Thank you for witnessing our story in all its beauty and pain.

# CEREMONY *of* LOVE



Welcome and Opening Prayer

Seán to Speak

Honoring and Remembering James

Video made with love by Margaret, Abi and Tovah

Reading by Beth Lewis

James's Legacy

The Spirit of Community

Jen Mulry

Gratitudes

Sean, Rebecca, Ciarán and Áine

Closing Prayer

## A NOTE ABOUT THE *Art...*

All the beautiful watercolor artwork complementing the written materials for today's celebration was generously donated by Heather Rampolla. The art you see is a part of her Healing Water collection. The collection focuses on the power of water and its ability to soothe, cleanse and heal. We are so grateful for Heather's generous heart. Please visit her website to enjoy more of her inspiring work.  
[www.heatherrampolla.com](http://www.heatherrampolla.com).



# WHEN *Courage* CALLS...

Our family is ready and feels called to give back!

We are starting a fund in honor of all three of our children's birth challenges. We were so fortunate to receive and have access to high quality medical care and emotional support on our journey and we want this for all families.

If you feel called, please help us support families with a perinatal diagnosis and/or a perinatal loss in honor of Ciarán, Áine and James.

We plan to partner with Lucile Packard Children's Hospital Neonatology Program to support parents who have newborns with critical, surgical or special medical needs. Your gift will bring compassionate care, resources, education and inspiration to families who find themselves facing these heart wrenching times. It is our hope that with your support, parents will be able to fully step into their courage and meet whatever life brings.

If you would like to make a donation you can use the QR code below our go to our website [www.celebrationofloveforjames.com](http://www.celebrationofloveforjames.com)



Thank you for helping us to give back in honor of our family.

When Courage Calls will operate in partnership with A Healthy Billion, a 501c3 non-profit. AHB is dedicated to providing resources and support services for Caregivers and those managing special conditions. Your donation is tax deductible.

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*“The most beautiful things in the world  
cannot be seen or touched,  
they are felt with the heart.”*

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*The Little Prince*

OUR  
JAMES



